

INTERIM 2010 - LAOS: SERVICE AND CULTURE

WHAT TO PACK

The most important rule is, "If you can't carry it, don't bring it". You need to be able to carry your own bag: You should have a bag that can be locked. You will also need a day back pack.

The weather in Laos will be humid and hot; the average daily temperature will be in the low 30's celsius. Remember, we will not be in air-con during the day, and not during our village stay.

Appropriate Dress: In order to be respectful of the local culture it is important to dress modestly at all times. It is inappropriate to wear sleeveless shirts or short skirts. Loose comfortable cotton clothes are the most suitable. Shorts are fine so long as they do not expose the thigh. Have at least one pair of closed toe shoes such as trainers.

Clothes

- Light wind jacket/cotton sweater for evenings & in flights
- T-shirts, cotton shirts with sleeves
- Swimming costume
- Towel
- Light cotton trousers or knee high trousers
- Longer length skirts or shorts
- One set of neat clothes for going to dinner
- Underwear, socks
- One pair of comfortable shoes or sandals – we'll be doing quite a bit of walking
- Hat, sunglasses
- Pajamas – appropriate for village stays
- Zip lock plastic bags for wet/dirty clothes

Toiletries and a small medical kit containing

- Band-Aids
- Insect repellent (Tropical strength)
- Aspirin/Panadol
- Disinfectant cream/antibacterial cream
- Prescription medication
- Antibacterial wipes or gel (several packets, you will use them all the time!)
- Imodium or an equivalent
- Sunscreen (at least SPF 30)
- Toothpaste, Shampoo, Shower Gel, etc
- Sanitary supplies

Other

- Pens and Interim Journal (*will be given to students during interim preparation sessions*)
- Money and document pouch/belt to be worn under your clothes
- Day pack
- Cards, games, magazines, books for the plane trips
- Camera
- Spare battery for your camera - or bring your battery charger, Note: The electrical supply is 220v (same as HK) but the sockets take two pin round pronged plugs.
- Flash light & batteries

Documents

- Passport
- Hong Kong ID card
- Itinerary

Money

Spending money (*no more than HK\$1500 please*) for souvenir, extra snacks, drinks throughout the week and at the airport while waiting for our flight. You must carry your own cash. Meals with one drink will be provided as well as bottled water during the day.

(US dollars and Thai baht can be exchanged for the local currency "kips" - \$1US is approx 8500 kip.)

Do NOT Bring

Shirts with shoulder straps, short shorts, revealing clothing, valuable jewelry. The security of anything valuable, especially jewelry cannot be assured.